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UNITED STATES DEPARTMENT OF AGRICULTURE
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OFFICE OF INFORMATION

HOMEMAKERS' CHAT MONDAY, NOVEMBER 18, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "WINTER FOOD NOTES." Information from the Office of Experiment Stations, U.S.D.A.

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One way to help your country in these strenuous times is to keep yourself and your family in best physical condition. And one way to do that is to have the right food and the right amount of food.

Here are some notes on recent nutrition research at various State experiment stations which may give you some hints about feeding yourself and your family this winter.

First, here's a note about winter weather and children's need for calcium. Most mothers today know that young children living in our northern climate need vitamin D in winter because they don't get enough sunlight for health. But just recently scientists have suggested that young children living where winters are long and dark may also need more milk than children living down in the sunny Tropics. Scientists in Illinois, in Vermont, and way down near the equator in Ceylon have been trying to find out just how much calcium children need for strong teeth and bones. These studies of preschool children show that youngsters in Vermont used a little more calcium than youngsters in Illinois, and a great deal more than children in Ceylon where the sun shines the year around.

These studies offer a hint to mothers: Make sure your youngsters have an ample supply of milk all winter. Milk is the best source of calcium in food.

So much for calcium news. Now here's a note on winter ills and vitamin C. Three hundred years ago a man by the name of Woodall published a book of health

advice for sea-going men. The name of the book was "The Surgeon's Mate." The spelling and phrasing in this book seems very quaint and old-fashioned today, but one statement is as up-to-date scientifically as if a modern nutrition scientist had written it. That statement is: "Juyce of lemmons was ever reputed a cold medicine--and yet to that notable and cold and terrible disease of the scurvy how excellent hath it been approved."

Recently scientists have learned why "juyce of lemmons was ever reputed a cold medicine." They report that the body uses more vitamin C when suffering from an infectious disease. They find this to be especially true of colds, diphtheria, pneumonia, tuberculosis and rheumatic fever. Apparently, lemons, or any other fruit or vegetable supplying vitamin C, helps the body resist these wintertime diseases and also helps fight these diseases when they occur.

Now here's a note on the foods that rank highest in vitamin C. Research at many State experiment station laboratories shows that fruits with natural acidity and green vegetables are highest in vitamin C. Fruits that top the list are: black currants, oranges, grapefruit, strawberries, raspberries, gooseberries, lemons and that tropical fruit, papaya. Tomatoes belong on this list. Other vegetables especially high in vitamin C are: cabbage, cauliflower, broccoli, kale, kohlrabi, and spinach.

Experiment station scientists point out that you don't have to use expensive fresh fruits or vegetables to get enough vitamin C in winter if you use enough of the common foods that contain a little of the vitamin. For example, you can get most of the vitamin C you need in a day be eating 4 or 5 potatoes or 4 to 6 apples. One potato or one apple does not supply as much vitamin C as one orange, but you can make up your quota by eating several instead of one.

Nutrition scientists for some years have advised eating at least two fruits and two vegetables a day. But to be sure of enough vitamin C, you need to plan

which fruits and which vegetables to use. For example, if you serve prunes, or pears, or applesauce for breakfast, you will want to work in vitamin-C foods later in the day. So serve tomatoes and cabbage or cauliflower at other meals. But if you have a big glass of orange juice or a grapefruit for breakfast, you can serve vegetables like beets or carrots at other meals, even though these vegetables contain very little vitamin C.

Here is one last note on vitamin C. The Washington State Station reports some evidence that fatigue from long hours of study uses up vitamin C in the body. Other studies show that violent exercise or heavy physical labor uses up vitamin C. Whether you study or chop wood, you need plenty of vitamin C to keep yourself fit.

That's all the news items from State experiment stations today. Let's hope these findings of the scientists give you some help in keeping your family fit this winter.

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